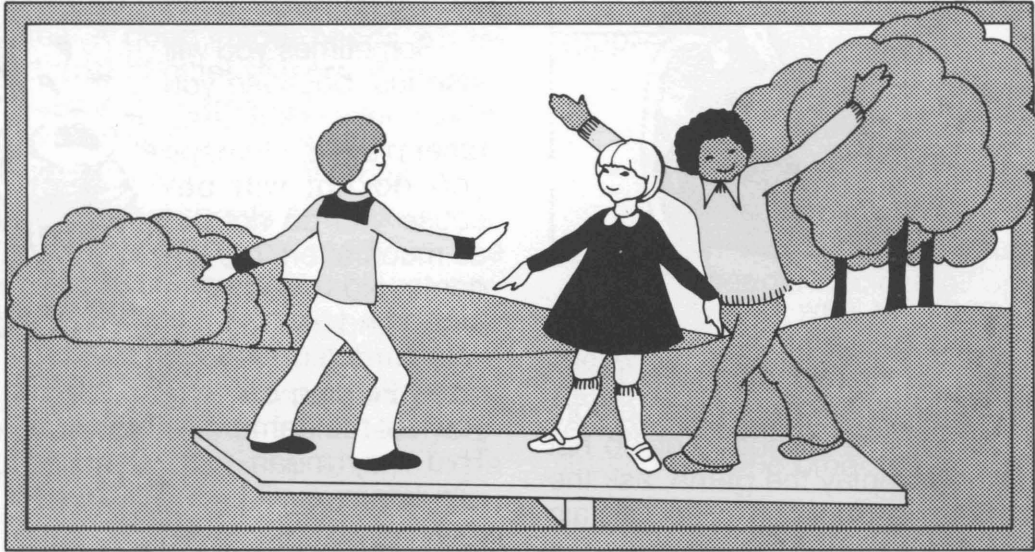


# Making and Keeping Friends

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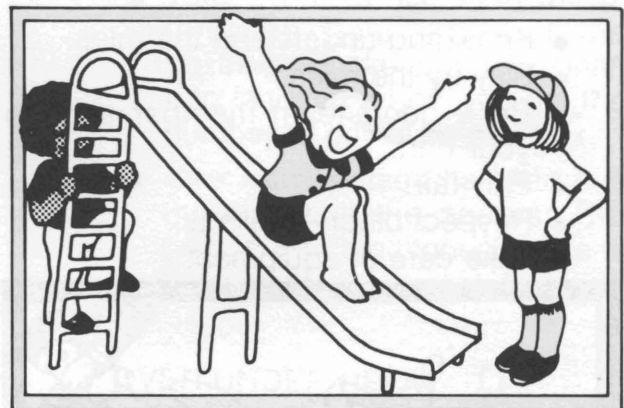


## LESSON 6 — FRIENDS PLAY GAMES

Elaine A. Ward, Ilene C. Miller and Dorothy Taylor\*

Playing games with friends can be exciting. It is true that some games can be played alone, but most games are more fun when shared with a friend. To play many games you must be coordinated, have a sharp mind and lots of energy. Playing games helps you to have physical fitness and good health. When you play games with friends, you also learn to:

- Take turns.
- Work as a team member.
- Be a good sport.
- Lead a game.
- Follow instructions.
- Play different games.



### Winners and Losers

One important part of playing a game is to find a winner. Although everybody wants to win, nobody can win all the time. Winning and losing can help you learn to be a good sport and to try again.

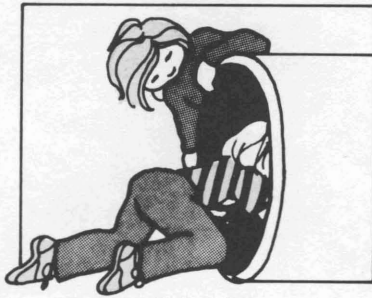
Playing by the rules of the game is the first step in developing good sportsmanship. This helps you to become a better winner and a good loser.

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Good sports try new games and activities, even though they may not be really good at them. Boys and girls who try to bluff their way through a game are seldom successful. If you are confused or do not understand how to play the game, ask the leader for more instructions or to explain the game to you. A good leader does not mind explaining rules.

Understanding and following rules is an important part of sportsmanship. What would it be like to have a football game without rules? Picture the confusion and problems it would cause. Without rules you would not know how to play the game. You would not know how many people could play, nor how long to play. To be a good sport, you must:

- Know and understand the rules.
- Play by the rules.
- Be a good team member and do your part.
- Play fair.
- Respect others' feelings.
- Take care of equipment.



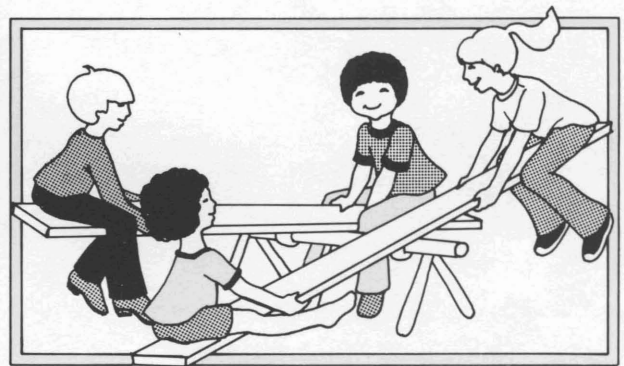
## Being a Good Loser

Sometimes you will lose just because you have less skill than other players. Perhaps you do not win because you do not put as much effort into the game. No one likes to lose, and it may be very hard to be a good loser. Finding out why you lost the game will help you play better. This may mean extra practice until you can improve.



Learning how to lose is hard, but winning gracefully may be even harder to learn. Good winners are considerate of other players' feelings. They help an opponent or teammate up when he is down and encourage his efforts. Complimenting teammates when a good play is made, a smile or a pat on the back are ways of letting others know you appreciate their hard work.

No one enjoys hearing a winner brag or a loser complain or make excuses. Winning is exciting, and losing is often disappointing. It is normal to feel proud if you win and sad if you lose. A good sport enjoys playing the game. He can take winning or losing because he knows he gave his best.



## Teamwork Counts

Being part of a team is a big responsibility. Every team needs a leader and players. A leader is responsible for giving

instructions and getting everyone involved in the game. A good leader needs the respect and trust of other players. Trust and respect have to be earned. You cannot be a good leader just because you are the biggest, the best looking or the oldest.

A good sport respects and takes care of equipment so it will be ready to use again. This means using equipment correctly and then putting it away when you have finished playing the game.

Are you a leader? Do you want to become a leader? How you feel about yourself will affect your leadership ability. To be a good leader, you must like yourself, feel you can lead the team and have the respect of your friends.



## Things To Do

Make a bean bag to learn more about the fun of playing games with friends. A bean bag can be used in many games involving two, three or more friends. You can also use the bean bag to develop your own skills.

You will need these supplies to make a bean bag:

- an old sock or 5'' of an old blue jean leg (sewn together to make a bag)
- two to three cups of dry beans, rice or sawdust
- needle and thread

After you have collected all of your supplies, you will need to:

- Check carefully to make sure there are no holes in the sock or jeans.
- Pour beans, rice or sawdust into the sock or jeans.
- Stitch the bag with double thread and needle to close all open ends.

Once you have made a bean bag, play these games with your friends. Choose a friend to lead each game. The leader will review the rules of the game and give instructions to the other players.

## BEAN BAG THROW

- Place four boxes or buckets 3, 5, 10 and 12 feet from the throw line.
- Draw a big 3 on the nearest box to represent 3 points; 5 on the second box; 10 on the next box; and 12 on the box farthest away.
- Take turns with your friends throwing bean bags at the boxes or buckets. If your bean bag lands in a box, you get the number of points on that box.
- After each person has had five throws, total the scores. The person with the highest score is the winner.

## OVER-UNDER RELAY

To play this game you and your teammates pass a bean bag from person to person as quickly as possible. Rules for this game are:

- Divide your group into two teams. Have each team form a line.
- When the leader starts the relay the first person on each team passes the bean bag over his head to his teammates.



- The second person on each team passes the bean bag through his legs to the third person on the team.
- Teams continue passing the bean bag over their heads and through their legs until it reaches the last person in line. The last person runs to the front of the line. The first team to complete the relay wins.

### BEAN BAG TOSS

The object of the game is to see which pair can successfully toss and catch a bean bag from the greatest distance. To play the game follow these rules:

- Select a place with plenty of space and divide the group into pairs.
- Form two parallel lines, ten feet apart, with partners facing each other.
- Give each person in the right line a bean bag.
- When the game begins, each player in the right line is to toss his bean bag straight across to his partner and then take one large step backward.
- The partners catch the bean bags; toss them back; and then take one step backward.
- The game continues until a pair can no longer toss and catch their bean bags at that distance. They are out of the game.
- The last pair to toss and catch their bean bag from the greatest distance without dropping it wins the game.

### How Does it Feel to Win or Lose?

Now it is your turn. Tell your group about a time when you either won or lost an important game. Why do you think you won or lost? How did you feel when the game was over? What did you do?

### Other Games for Friends to Play

#### MUSICAL HATS

As music plays, three hats are passed around the circle. Each person must try on each hat as it comes by him and then pass it on. When the music stops, each person wearing a hat is eliminated from the circle. The winner is the person who stays the longest time.

#### NUMBERS MIXER

Divide group into two teams. Each team member is given a number big enough to be seen easily across the room when pinned to him. The leader calls out certain numbers, such as 2143. Each team quickly gets together the numbers in order — **2 - 1 - 4 - 3**. The first team to stand in correct order gets a point. The team with the most points is the winner.

#### POP THE BALLOON

As a member arrives, tie a blown-up balloon to his left wrist or foot. Each person must try to keep others from popping his balloon, while at the same time trying to burst everyone else's. The winner is the one who keeps the balloon for the longest time.

